

# 114 FW DEPLOYMENTS

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# GET ORGANIZED:

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- # Complete your family readiness checklist
- # Work out any differences
- # Make a calendar
- # Discuss contact during the deployment
- # Have important documents/information in order
- # Make arrangements for childcare

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# FOR THE CHILDREN:

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- # Spend time talking
- # Talk about feelings
- # Spend time individually
- # Take pictures
- # Read stories



# DURING A DEPLOYMENT:

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- # Know your neighbors
- # Set goals
- # Stay busy
- # Travel
- # Stick to your budget
- # Prioritize

continue >>>



# DURING A DEPLOYMENT:

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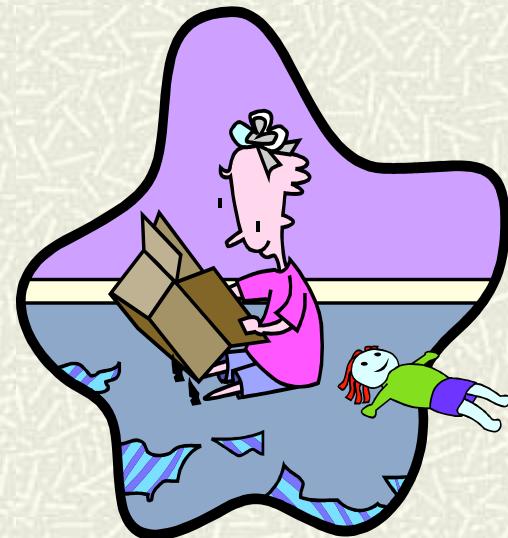
- # Find another military spouse
- # Learn to say “NO”
- # Exercise
- # Be your own best friend
- # Anticipate stress
- # Provide limitations



# FOR THE CHILDREN:

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- # Display pictures
- # Routine
- # Special outings
- # Taped stories
- # Choose a chore
- # Communicate



# SAFETY PRECAUTIONS:

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AT HOME~~~

- # Wear your wedding ring
- # Don't tell
- # Keep emergency phone numbers
- # Know who is at your door
- # Discontinue paper delivery
- # Notice strangers

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# SAFETY PRECAUTIONS:

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IN THE CAR~~~

- # Keep door locked
- # Be observant~~LOOK
- # Break down/trouble
- # Stop and yield signs
- # Car accident



# SAFETY PRECAUTIONS:

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WHEN WALKING~~~

- # Head up and eyes open
- # Change routes
- # Cross over
- # Stay away
- # What would I do?



# COMMUNICATION:

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- # Ensure you have a correct mailing address before your spouse leaves if possible
  
- # If there is not one available before departure contact your *Family Readiness Office*

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# LETTER WRITING

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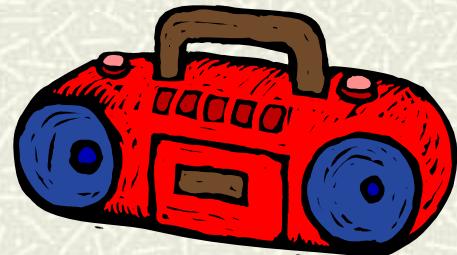
- # Answer all questions
- # “I Love You”
- # Share your feelings
- # Express yourself clearly
- # Number your letters
- # Send separate letters



# OTHER WAYS :

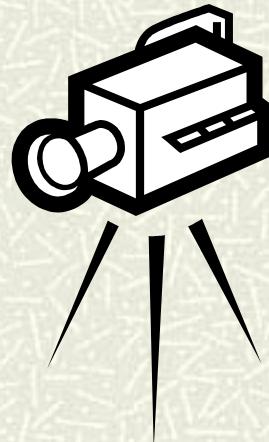
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# Tape recording



# Phone calls

# Videos



# HOMECOMINGS:

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# AT HOME WE CAN:

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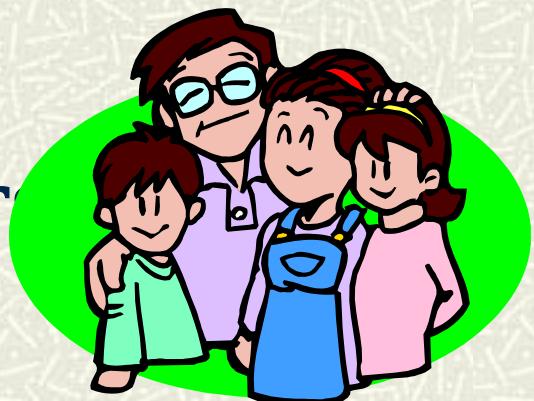
- # Leave room for spontaneity
- # Expect changes
- # Do not be defensive
- # Take time



# REUNITING THE FAMILY:

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- # Family reunion
- # Time alone
- # Family without outsider



# OUR SPOUSES CAN:

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- # Be an ‘Honored Guest’
- # Go easy on child discipline
- # Don’t over-do descriptions
- # Communicate



# 114 FIGHTER WING SDANG

